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Why zebras don't have ulcers pdf

Robert Sapolsky's 1994 book "Why Zebras Don't Get Ulcers" explores the concept of stress and its effects on humans. The title is derived from the idea that zebras experience episodic stress when facing predators, whereas humans often face chronic stress, making them more susceptible to diseases like ulcers and hypertension. Sapolsky examines how glucocorticoids affect humans differently than they do animals in the wild, highlighting their negative impact on human health when secreted at high levels or over prolonged periods. The book covers various aspects of endocrinology, tracing its history and evolution through time. While focusing primarily on biological mechanisms, the last chapter shifts to self-help advice, arguing that social phenomena such as poverty and child abuse can significantly affect biological stress, thereby increasing disease and disability risks. Reviews for "Why Zebras Don't Get Ulcers" were mostly positive, with reviewers praising its engaging approach to explaining how stress affects the body and what measures can be taken to mitigate these effects. The book has inspired a National Geographic documentary titled "Stress: Portrait of a Killer," as well as lecture series and media segments focused on Sapolsky's work in understanding stress and health. World-renowned primatologist Robert Sapolsky presents a thoroughly revised and updated version of his groundbreaking book, boasting an impressive print run of over 225,000 copies. In this third edition of Why Zebras Don't Get Ulcers, Sapolsky delves into fresh insights on the impact of stress on sleep and addiction, as well as its effects on anxiety, personality disorders, and spirituality's role in managing stress. Unlike animals that face physical threats, humans worry about health issues caused by chronic stress, such as heart disease and cancer. Sapolsky explains that our bodies react to stress similarly to animals', but instead of fighting or fleeing, we experience prolonged physiological responses that can make us sick over time. Combining cutting-edge research with humor and practical advice, this edition explores how stress exacerbates physical and mental health issues like depression, ulcers, colitis, and heart disease. It also offers crucial guidance on managing our stress responses. The new edition promises to be the most comprehensive and engaging one yet.